

**Statistics Report 11591, Watercress, raw**
**Report Date: July 20, 2019 01:13 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	95.11	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2001
Energy	kcal	11	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	46	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	2.30	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.10	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.20	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	1.29	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Fiber, total dietary	g	0.5	--	--	0	0	--	--	--	--	Calculated or imputed	11203	08/2001
Sugars, total	g	0.20	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
<b>Minerals</b>													
Calcium, Ca	mg	120	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.20	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	21	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2001
Phosphorus, P	mg	60	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	330	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2001
Sodium, Na	mg	41	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2001
Zinc, Zn	mg	0.11	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.077	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.244	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.9	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	43.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.090	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.120	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.200	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.310	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.129	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	9.0	--	--	0	0	--	--	--	--	Calculated or imputed	11203	03/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	160	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	1914	--	--	0	0	--	--	--	--	Calculated or imputed	11203	03/2007
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11203	01/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	3191	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	5767	--	--	0	0	--	--	--	--	Calculated or imputed	11203	01/2003
Vitamin E (alpha-tocopherol)	mg	1.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	250.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.027	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.024	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.003	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.008	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.002	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.006	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.035	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.012	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.023	3	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
<b>Amino Acids</b>													
Tryptophan	g	0.030	5	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.133	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.093	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.166	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.134	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.020	6	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.007	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.114	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.063	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.137	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.150	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.040	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.137	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.187	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.190	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.112	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.096	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.060	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2001
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2001
<b>Flavonoids</b>													
Flavanones													
Hesperetin <a href="#">1</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">1</a> <a href="#">2</a>	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin <a href="#">1</a> <a href="#">2</a>	mg	0.0	--	0.01	0	0.02	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin <a href="#">1</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Kaempferol <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	23.0	--	3.66	1	59.08	--	--	--	--	--	--	--
Myricetin <a href="#">2</a>	mg	0.2	--	0	0.2	0.2	--	--	--	--	--	--	--
Quercetin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	30.0	--	6.74	4	67.58	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">4</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">4</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">4</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--



<sup>1</sup>*Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250*

<sup>2</sup>*Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii., 2004 J. Food Comp. Anal. 17 pp.1-35*

<sup>3</sup>*Martnez-Snchez, A., Gil-Izquierdo, A., Gil, M. I., and Ferreres, F. A comparative study of flavonoid compounds, vitamin C, and antioxidant properties of baby leaf Brassicaceae species., 2008 J. Agric. Food Chem. 56 pp.2330-2340*

<sup>4</sup>*Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. Daidzein and genistein content of vegetables., 2000 Brit. J. Nutr. 84 pp.717-725*